



FREE



living well eating smart[®]

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Giving you the tools to live the life you deserve[™]



carrie's corner:
how NuVal[™]
savvy are you? 2

holiday
helpers
lighten up
your menu 6

With Big Y's Wellness Team — Registered Dietitians
Carrie Taylor, RD, LDN and Andrea Samson, RD, LDN



Carrie's Corner

Big Y Registered Dietitian, Carrie Taylor, RD, LDN



How NuVal™ savvy are you?

This past September, Big Y launched a new food rating program called the NuVal™ Nutritional Scoring System. Since this time, the Living Well Eating Smart Wellness Team has been hard at work educating shoppers about using the NuVal™ System.

Below are a handful of questions we're commonly asked. Do you know the answers?

Question #1 - Who invented the NuVal™ Scoring System?

Researchers free of input and influence from the food industry. The NuVal™ Scoring System was a vision of Dr. David Katz, Director and Cofounder of the Yale Prevention Research Center in Derby, Connecticut. Dr. Katz formed an expert committee of registered dietitians and physicians considered leaders across the country in nutrition and food science research. This committee took Dr. Katz's goal of making nutritious grocery shopping a cinch for the average American and formed the science behind the NuVal™ Scoring System you see today at Big Y.

Question #2 - Is Big Y the only retailer with NuVal™ Scores?

No. Big Y is one of a handful of supermarkets across the country that has implemented the NuVal™ Scoring System and the number continues to expand!

Question #3 - Will ALL foods be scored?

A handful of products will not be scored by the NuVal™ Scoring System. They are: wine and spirits, baby food, vitamin and mineral supplements, as well as products that contain no calories, such as plain water, seltzer water, club soda, coffee, tea, spices and rubs, corn starch, vinegar, salt, baking soda, lime juice and lemon juice.

Also, not all categories are currently scored within the NuVal™ Scoring System. For example, as of print, none of the food retailers with the program have their deli department's offerings scored. Though, scoring of additional departments such as deli is a goal.

Question #4 - Why do 100% fruit juices score as low as they do?

Part of the evaluation done to determine NuVal™ Scores is looking at energy density (or calorie level per gram of food). Although 100% juice contains only natural sugars from fruit, the calorie level for a gram of 100% juice can be a lot higher than the calorie level for a gram of the actual fruit. That's one reason why an apple scores a 96 while 100% apple juice scores an 11.

For great examples on how the NuVal™ Scoring System can help you trade up your shopping cart, check out the *Know Your NuVal™ Scores* article on page 3.

Question #5 - Who can I speak to about my questions?

The Living Well Eating Smart Wellness Team of dietitians! Andrea Samson, RD, LDN and I are available to you in various ways. You can contact us by:



Writing
Living Well
2145 Roosevelt Ave.
PO Box 7840
Springfield, MA 01102



E-mailing
livingwell@bigy.com



Following us on Twitter
BigYLWES



Becoming a Facebook fan
LivingWellEatingSmart

know your NuVal™ Scores

NuVal™ Scores can help you become a more nutritious shopper in seconds. Each aisle has its own range of NuVal™ Scores and averages. Trading up to options that not only score higher than your typical purchases, but also higher than the average score, is a fast and simple way to get more nutrition into your shopping cart and meals.

MILK

Average NuVal™ Score **62**
NuVal™

Over the Moon® Average **86**
NuVal™

If you currently drink whole or reduced fat milk, it's time to moo-ve over to lowfat and fat-free. Transitioning to lower fat milk won't give you less vitamin A, calcium or vitamin D. And reaching for *Over the Moon®* makes the switch even easier. *Over the Moon®*'s thicker consistency makes lowfat milk (NuVal™ Score - 81) taste like whole milk (NuVal™ Score - 52) and fat-free milk (NuVal™ Score - 91) taste like reduced-fat milk (NuVal™ Score - 55).

CEREAL

Average NuVal™ Score **27**
NuVal™

Big Y® Plain Shredded Wheat **89**
NuVal™

Cold cereal scores range from 2 to 100, with the average at 27. Best bet? Trade up to a higher than average cereal. Already there? Trade up to a category all-star such as *Big Y® Plain Shredded Wheat*. With a NuVal™ Score of 89, *Big Y® Plain Shredded Wheat* has no added sugar or sodium — so the flavoring is yours to control. For a touch of sweetness, add banana or raspberries with pecans or pistachios.

**Trading
Up Is
That
Easy!**

PASTA SAUCE

Average NuVal™ Score **39**
NuVal™

Capa di Roma™ Average **61**
NuVal™

Figuring out which pasta sauce is most nutritious can be mind-dizzying. NuVal™ Scores provide the answer. *Capa di Roma™* is not only great tasting; it's also one of the highest scoring brands. *Capa di Roma™ Marinara Sauce* has a NuVal™ Score of 66 — 27 points higher than the average sauce. Not too shabby for a local product from Roma Restaurant in East Hartford, Connecticut!

PASTA

Average NuVal™ Score **57**
NuVal™

Full Circle™ Whole Wheat Pasta **91**
NuVal™

Pair your high scoring pasta sauce with a high scoring pasta! NuVal™ Scores in the pasta aisle draw a clear picture. The average pasta scores a 57, whereas whole wheat pastas, like *Full Circle™ Whole Wheat Pasta*, have NuVal™ Scores in the 90s. Why? The additional fiber you gain — 6 grams more per 1-cup serving of *Full Circle™ Whole Wheat Pasta*.

PEANUT BUTTER

Average NuVal™ Score **21**
NuVal™

Big Y® All Natural Peanut Butter Average **37**
NuVal™

Is your favorite peanut butter a nutritional heavy hitter? Traditional peanut butters have NuVal™ Scores around 20 because they contain added saturated fat, sugar and salt. On the other hand, natural peanut butters like *Big Y® All Natural Peanut Butter* are simply ground peanuts with salt, resulting in NuVal™ Scores ranging in the 30s. That oil sitting on top? It's heart-healthy, so mix it in and enjoy!

cold and flu: prevention & treatment

Give yourself a fighting chance.

As soon as winter starts, do thoughts of cold and flu dance in your head? Start building a strong defense with a well armed immune system. If you should come down with a cold or the flu, be prepared for some good old-fashioned TLC. Not only is this the best prescription for staving off illness, it's a surefire way it won't stick around very long.

Strong Defense:

Tools of the Trade. Eating a balanced meal plan rich in vitamins, minerals, lean proteins, heart-healthy oils and antioxidants truly is the best way to strengthen your immune system. For example, protein-packed foods like *Brown Cow™ Nonfat Greek Yogurt* supply important amino acids, which help your body construct a strong immune system. Plan ahead! Learn your balanced meal plan at MyPyramid.gov.

Gut Bugs. There are thousands of different microorganisms (or probiotic “bugs”) helping you digest food AND protecting you from waste in your intestines. Although these probiotics are naturally occurring in your gut, they can also be introduced through foods like drinkable yogurt smoothies. Prebiotics are carbohydrates like fiber that feed these “bugs” and keep them multiplying. Support the work your gut bugs are doing. Add pre- and probiotic-rich foods to your meals.

Less Stress. You may be aware of the immediate impact of stress — headache, short temper, increased heart rate — but sustained over time, it can compromise your immune system. It's essential to relieve daily stress from your life. Anything from walking your dog to enjoying quiet time with a warm cup of herbal tea like *Celestial Seasonings® Wellness Tea* is a must for maintaining good health.

Nowhere to Go. Mom was right, dirt begets disease. Stop cold and flu in their tracks by keeping your home clean. There's no need to disinfect and sterilize with harsh chemicals and fumes. Simply clean with non-toxic, biodegradable cleansers like *Full Circle™ Eco-Friendly Cleaners*.

Prepared Offense:

Soothe Away. Be prepared for cough and sore throat with *Golden Blossom® Honey*. According to the *Natural Medicines Comprehensive Database*¹, honey “appears to be at least as effective or more effective” than certain over-the-counter cough suppressants and antihistamines. Additionally, researchers found nighttime coughing for children 2 years and older² with upper respiratory infections was reduced when ½-2 teaspoons of honey was given at bedtime.

Soften the Blow. It doesn't take very many episodes of blowing your nose before it turns red and painful. Get ahead of the game and stock your cupboard with a soft, invigorating tissue like *Puffs Plus® with the Scent of Vicks®* BEFORE cold and flu season starts.



¹ *Natural Medicines Comprehensive Database*. <http://naturaldatabase.therapeuticresearch.com>. Accessed October 19, 2010.

² Due to risk of botulism, never give honey to children younger than 12 months old.

managing weight & wallet

If your New Year's Resolution is to get healthy and lose weight, gradually introduce realistic and budget-friendly changes.

Many individuals who aim to lose weight after the holidays want dramatic results and fast weight loss. But the truth of the matter is excessive weight gain happens gradually so it needs to come off gradually, too.

If you're working toward weight loss, avoid cutting calorie levels too low, battling hunger and spending money on expensive diet foods and supplements. Rather, be kind to your body and your wallet. Achieve healthful weight loss of one to two pounds per week by increasing physical activity and reducing your current calorie intake by 500 calories each day.

Cut calories with simple changes like those below to see how easy weight loss can be. Each change listed cuts approximately 100 calories. Make all five changes and you reduce total calorie intake by your 500-calorie goal.

First Cut:

When looking to sweeten your morning coffee, bowl of oatmeal or muffin recipe, replace traditional sugar with a calorie-free sweetener like **SPLENDA® No Calorie Sweetener**. Using 2 tablespoons calorie-free sweetener in place of sugar saves almost 100 calories per serving.

Second Cut:

Avoid drinking your calories. For example, while an 8-ounce glass of 100% grape juice counts toward fruit group goals, it provides nearly 200 calories. Switch to a reduced sugar fruit drink like **Old Orchard® Healthy Balance** for 35 calories and enjoy a ½-cup serving of fresh grapes with it for 100 calories less.



living well **tip:**

Stay on track with the foods you buy. Download the Living Well Eating Smart shopping list at bigy.com.



Third Cut:

Instead of giving up treats completely, indulge sensibly with portion-controlled sweets. Craving chocolate? Save over 100 calories by reaching for a treat like a **Special K® Chocolatey Pretzel Cereal Bar** for 90 calories instead of a 200-calorie candy bar.

Fourth Cut:

Naturally low in calories, leafy greens like **Fresh Express® Salad Blends** give you more food for your calories. Simply cut your 1-cup portion of mashed potatoes in half and pair with 1½ cups of delicate baby spinach drizzled with balsamic vinegar. You'll never miss the 100 calories!

Fifth Cut:

Sandwich shops typically pile on deli meat, leaving you with a calorie-packed meal. Save money and roughly 100 calories by preparing your own sandwich with whole grain bread, veggies and 2-ounces lean deli meat like **World Classics Trading Company™ Premium Deli Meats**.

holiday helpers

'Tis the season to entertain family and friends with decadent holiday classics. Lighten up your menu by incorporating these nutrient-packed ingredients into festive recipes and offerings.

Ingredient Spotlight: Flaxseeds

Nutritional Perks: Flaxseeds and flaxseed meal like those from Bob's Red Mill® add fiber and plant-based ALA (alpha-linolenic acid) omega-3 fat. Mixing in 3 tablespoons flaxseed meal or 2 tablespoons whole flaxseeds provides roughly 90 calories, 6 grams fiber and 3,600 milligrams omega-3s.

How to Use: Whole flaxseeds add wonderful nutty crunch to things like breads or muffins. Flaxseed meal is the ideal choice if you're looking for a smoother texture. Additionally, ground flaxseeds can be used as a great egg substitute in baking recipes. Mix 1 tablespoon ground flaxseed with 3 tablespoons water, let sit for 1-2 minutes and use as you would an egg.

Ingredient Spotlight: Frozen Fruit

Nutritional Perks: Frozen fruit without added sugars like Dole® Wild Blueberries are nutritionally equivalent to fresh fruit and a great way to meet fruit group goals. For example, frozen blueberries provide the same vitamins, minerals, fiber and disease-fighting antioxidants as their fresh counterparts. Plus, opting for frozen varieties allows you to enjoy fruit like strawberries and melon when they're not in season.

How to Use: Since frozen fruits are pre-washed, simply defrost and enjoy alone or in recipes. When using for smoothies, there's no need to defrost! If new to baking with frozen fruit, start with the *Blueberry Banana Bread* recipe on the next page.



Ingredient Spotlight: Avocados

Nutritional Perks: Avocados like *Chilean Hass Avocados* are nutritional all-stars. One-fifth of an avocado (2 tablespoons or 2 to 3 thin slices) contains heart-healthy fats plus antioxidants lutein and beta-carotene for a mere 50 calories. Their creamy texture makes avocados the perfect substitution for high calorie dips and spreads.

How to Use: Rinse, pat dry and carefully cut in half, working around the pit. Twist to separate halves and use a spoon to loosen and remove the pit. Run your spoon between the peel and flesh to loosen and lift out. Cut into slices for a mayonnaise substitute in sandwiches or mash with lemon and salt for a tasty spread.

Ingredient Spotlight: Mineral Water

Nutritional Perks: Water performs numerous jobs in the body and is essential for survival. It's recommended to consume roughly eight 8-ounce glasses of water each day. For water with more, choose mineral water. Unlike distilled and purified waters, natural mineral waters like *Ty Nant™ Natural Mineral Water* provide unbeatable hydration with the bonus of naturally occurring minerals like calcium and magnesium.

How to Use: Offer natural mineral water as a refreshing beverage option to keep company hydrated and feeling great. Your guests will appreciate having a calorie-free alternative to the sugary drinks that are mainstream at holiday gatherings.

Ingredient Spotlight: Chicken Sausage

Nutritional Perks: Replacing traditional beef and pork sausage with chicken sausage like *Smart Chicken® Fresh Chicken Sausage* is an easy way to healthify and introduce great flavors to your typical holiday dishes. For example, one serving of chicken sausage can save you and your guests 210 calories, 24 grams total fat and 10 grams saturated fat.

How to Use: Fresh chicken sausage can be used in any recipe that calls for traditional beef or pork sausage. Slice chicken sausage and sauté with olive oil, onions and peppers for a healthful holiday appetizer or bake with whole grain pasta and low sodium tomato sauce for an easy entrée.

serves: 10



Blueberry Banana Bread

Recipe derived from Bob's Red Mill.®
Visit www.bobsredmill.com for more
holiday inspired recipes.

ingredients:

- Big Y® nonstick spray
- ¾ cup white whole wheat flour
- ¼ cup Bob's Red Mill® Organic Whole Wheat Pastry Flour
- ¼ cup Bob's Red Mill® Flaxseed Meal
- ¼ cup wheat germ
- ¼ cup wheat bran
- 2 teaspoons Big Y® baking powder
- ½ teaspoon Big Y® baking soda
- ⅛ teaspoon sea salt
- ½ teaspoon Big Y® ground cinnamon
- 2 ripe bananas, mashed
- 1 cup Dole® Frozen Wild Blueberries, thawed and mashed
- ¼ cup heart-healthy buttery spread, at room temperature
- 2 Big Y® eggs

directions:

1. Preheat oven to 350°F. Meanwhile, spray a loaf pan with nonstick spray.
2. In a large mixing bowl, mix together dry ingredients.
3. Add bananas and blueberries to dry mixture.
4. Blend in buttery spread until just combined.
5. Add eggs and mix until well blended, being careful not to overmix.
6. Place batter in pan. Bake for 50 minutes or until inserted toothpick comes out clean.

nutrition facts per serving:

Calories 140, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 40 mg,
Sodium 160 mg, Carbohydrates 17 g, Fiber 4 g, Protein 4 g



FEATURED ITEMS

“Cold and Flu: Prevention & Treatment” Featured Items

Sale Dates: 11/25-12/8/10

Golden Blossom® Honey

Looking for a natural remedy for soothing cough and throat irritation? Golden Blossom® Honey coats the throat and may be helpful for relieving these symptoms, suggests the *Natural Medicines Comprehensive Database*. Golden Blossom® Honey's signature flavor comes from a blend of orange, sage buckwheat and extra white clover honeys.



www.goldenblossomhoney.com

Celestial Seasonings® Wellness Tea

Unwind and reduce stress to strengthen your defenses against cold and flu. Celestial Seasonings® Wellness Tea Sleepytime Extra® contains relaxing herbs like chamomile to help you do just that. Plus, flavors like Celestial Seasonings® Wellness Tea Sleepytime Throat Tamer™ and Sinus Soother™ are great for when cold and flu strike.



www.celestialseasonings.com

Puffs Plus® with the Scent of Vicks®

Having a cold doesn't have to mean having a red, irritated nose. Simply use Puffs Plus® with the Scent of Vicks® in place of traditional tissues. They contain shea butter, aloe and vitamin E lotion with Vicks® soothing scent of menthol, eucalyptus and camphor.



www.puffs.com

Full Circle™ Eco-Friendly Cleaners

Keep household surfaces clean and sickness at bay with Full Circle™ Eco-Friendly All-Purpose and Glass Cleaners. Made with non-toxic, all natural ingredients, Full Circle™ Cleaners are safe to use around the whole family and won't leave germs behind. Plus, you'll avoid smelling harsh fumes typically found in chemical-based cleaners.



www.fullcirclefoods.com

Brown Cow™ Nonfat Greek Yogurt

Protein foods provide the body with the amino acids needed to construct a strong immune system. Help your body while indulging in rich creaminess with Brown Cow™ Nonfat Greek Yogurt. With 6-10 grams protein per serving, flavors like Brown Cow™ Nonfat Strawberry and Plain provide more protein than traditional yogurt.



www.browncowfarm.com

“Holiday Helpers” Featured Items

Sale Dates: 12/9-12/22/10

Bob's Red Mill® Flaxseed and Flaxseed Meal

Add crunch to yogurt and nutty flavor to muffins with Bob's Red Mill® Flaxseed and Flaxseed Meal. Whether ground or whole, Bob's Red Mill® Flaxseeds drive up nutrition with their plentiful fiber and plant-based omega-3 fat content. Plus, ground flaxseeds make an ideal egg replacement when baking.



www.bobsredmill.com

Dole® Frozen Fruit

Picked at peak season without added sugars, Dole® Frozen Fruit such as Wild Blueberries pack nutritional punch with fiber, vitamins, minerals and disease-fighting antioxidants. Plus, no need to wash and prepare your fruit. Simply defrost and serve varieties like Wildly Nutritious Tropical Fruit with pineapple, mango, kiwi, papaya and strawberries.



www.dole.com

Ty Nant™ Natural Mineral Water

For a refreshing beverage option, serve guests premium Ty Nant™ Natural Mineral Water. Ty Nant™ comes from a natural aquifer (*rock which holds water*) in Wales. This aquifer source is what provides Ty Nant™ with its crisp, clean taste and touch of minerals like calcium and magnesium.



www.tynant.com

Chilean Hass Avocados

With nearly 20 vitamins and minerals and powerful phytochemicals (plant compounds) like beta-carotene and lutein, Chilean Hass Avocados pack nutritional punch. Just one-fifth an avocado supplies 3½ grams heart-healthy fats! Deliciously rich, Chilean Hass Avocados transform into ideal creamy spreads or as the star ingredient in your favorite seasonal recipes.



www.chileanavocados.org

Smart Chicken® Fresh Chicken Sausage

Reduce fat content of traditional sausage holiday dishes with Smart Chicken® Fresh Chicken Sausages. Available as Hot or Sweet Italian, each Smart Chicken® Sausage contains 2 grams saturated fat per serving and is prepared without fillers using only hand-trimmed premium cuts of boneless, skinless chicken.



www.smartchicken.com

Cut along the dotted lines to hang our Featured Items on your refrigerator to track Living Well Eating Smart sales!



FEATURED ITEMS

“Know Your NuVal™ Scores” Featured Items

Sale Dates: 12/23-1/5/11

Big Y® All Natural Peanut Butter

When shopping for peanut butter, opt for those with higher NuVal™ Scores like Big Y® All Natural Peanut Butter. Made with only fresh peanuts and a pinch of salt, Big Y® All Natural Crunchy Peanut Butter has a NuVal™ Score of 38 while the Creamy variety has a NuVal™ Score of 36.



38
NuVal™

Capa di Roma™ Pasta Sauce

Savor sauces like Mom used to make with Capa di Roma™ All Natural Pasta Sauces, from Roma Restaurant in East Hartford, Connecticut. Classic flavors like Marinara, their highest scoring sauce with a NuVal™ Score of 66, are made using premium spices, olive oil and naturally sweet imported Italian plum tomatoes.



66
NuVal™

www.capadiroma.com

Over the Moon® Milk

Trade up your milk's NuVal™ Score by choosing fat-free and lowfat milk versus reduced-fat and whole milk. To help you transition, choose Over the Moon® 1% Lowfat and Fat-Free Milks that have a thicker consistency than traditional lowfat and fat-free milks. They also have NuVal™ Scores of 81 and 91, respectively.



81
NuVal™

www.overtheoonmilk.com

Big Y® Plain Shredded Wheat Cereal

For a wholesomely nutritious cereal, look no further than whole grain Big Y® Plain Shredded Wheat Cereal. With a NuVal™ Score of 89, it's one of the highest scoring cereals on our shelves. Enjoy as is with lowfat milk or add flavor with raisins and a sprinkle of cinnamon.



89
NuVal™

Full Circle™ Whole Wheat Pasta

Increase the nutritional value of your pasta. Choose Full Circle™ Whole Wheat Penne Rigate Pasta with a NuVal™ Score of 91 over traditional penne rigate with a NuVal™ Score of 48. Why such a large difference? Whole grains like Full Circle™ Whole Wheat Pastas provide more fiber, vitamins and minerals.



91
NuVal™

www.fullcirclefoods.com

“Managing Weight & Wallet” Featured Items

Sale Dates: 1/6-1/19/11

SPLENDA® No Calorie Sweetener

Add sweetness without excess calories from sugar with SPLENDA® No Calorie Sweetener. SPLENDA® can be used cup-for-cup to replace sugar in your favorite recipes or sprinkled with fresh fruit or tea. For added fiber, opt for SPLENDA® Granulated Sugar with Fiber. Each packet and teaspoon provides 1 gram fiber.



www.splenda.com

Special K® Bars

Craving something sweet and salty or looking for a quick snack? Instead of heading to the vending machine, keep a supply of Special K® Bars on hand in flavors like Chocolatey Pretzel and Honey Nut. Each bar is 90 calories so it won't sabotage your weight loss efforts.



www.specialk.com

Old Orchard® Healthy Balance

Fruity beverages can be a concentrated source of sugar and calories, but not with Old Orchard® Healthy Balance. You can enjoy an 8-ounce serving of fruity flavors like Grape for only 35 calories and 9 grams sugar. That's almost 4 teaspoons less sugar than other fruit drinks.



www.healthybalance.com

Fresh Express® Salad Blends

Filling half your plate with dark leafy greens like Fresh Express® Salad Blends is an easy way to reduce calorie intake while still feeling full. Salad blends like Fresh Express® Spring Mix provide 7 calories with vitamins and minerals like vitamin A and folate in each 1-cup serving.



www.freshexpress.com

World Classics Trading Company™ Natural Turkey Breast

With 70 calories per 2-ounce serving, World Classics Trading Company™ Premium Deli Natural Turkey Breast is a delicious way to slim down your waistline. Additionally, World Classics Natural Turkey contains 250 milligrams sodium per serving, making it one of the lowest sodium deli meats currently on the market!



A Holiday Festivity DELIGHT



Hey kids! This year, get involved in the deliciousness of the holidays by creating your own tasty treats for family and friends. These gluten-free cookies will melt in your mouth with every satisfying bite.



Gluten-Free Peanut Chocolate Chip Cookies

Serves: 20, 1-Cookie Servings

Ingredients:

- 1 cup Big Y® all natural peanut butter
- ½ cup dark chocolate chips
- ¼ cup unsalted nut of choice (peanuts, almonds, walnuts, cashews, etc.)
- ¾ cup Big Y® light brown sugar
- 1 Big Y® egg

Directions:

1. Buy the most nutritious ingredients using _____ at your local Big Y World Class Market.
2. Preheat oven to _____.
3. Measure out every ingredient and place into a big bowl.
4. Mix everything together.
5. Scoop ball-shape cookies out with a _____ size spoon.
6. Place on baking tray.
7. Cook for ____ minutes.
8. Once cooked, let cookies fully cool.
9. Wrap in a baggie or plastic wrap and accent with holiday ribbon.
10. Label with name tags.
11. Give to friends and family and enjoy!

Nutrition Facts Per Cookie:

Calories 149, Total Fat 9 g, Saturated Fat 3 g, Cholesterol 11 mg,
Sodium 70 mg, Carbohydrates 14 g, Fiber 1 g, Protein 4 g

WORD BANK:

350°F

10

medium

NuVal™



Created by Student Intern,
Eleni Ottalagana,
October 2010.

ANSWERS: 1) NuVal™ 2) 350°F 3) medium 4) 10